

[illegible]

said food menu providing system provides to said user
through said communication network the following:

2. The food menu providing system according to claim 1, wherein said food material list comprises a shopping list for use by said user to purchase at one time the food materials necessary to said food menus for said predetermined period.

4. The food menu providing system according to claim 1, wherein said food material list is further provided to a

shop which sells the food materials, the food materials necessary to said food menus for said predetermined period are collected in advance at said shop, and the collected food materials are provided to said user.

5. The food menu providing system according to claim 1, wherein said food materials listed on said food material list are further collectively delivered to said user.

6. The food menu providing system according to claim 1, wherein said system is characterized in that other food menus instead of the provided food menus are provided in accordance with a request of said user based on the food materials necessary to said food menus for said predetermined period.

7. The food menu providing system according to claim 1, wherein said system is characterized in that if a part of said food materials is left, food menus which use the leftover food materials are further provided based on data of said leftover food materials.

8. The food menu providing system according to claim 1, wherein said system provides food menus which satisfy the conditions designated by said user.

9. The food menu providing system according to claim 1, wherein said cooking recipe includes at least any one of still image data, movie image data and voice data.

10. The food menu providing system according to claim 1, wherein said predetermined period is one week.

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